

“TWEAK” Test

Do you drink alcoholic beverages? If you do, please take our “TWEAK” test.

T	<b>Tolerance:</b> How many drinks can you “hold”? (Record number of drinks in box at right.)	<input type="checkbox"/>
(For next questions, check box at right for “yes” answers.)		
W	Have close friends or relatives <b>Worried or Complained</b> about your drinking in the past year?	<input type="checkbox"/>
E	<b>Eye-Opener:</b> Do you sometimes take a drink in the morning when you first get up?	<input type="checkbox"/>
A	<b>Amnesia (Blackouts):</b> Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?	<input type="checkbox"/>
K(C)	Do you sometimes feel the need to <b>Cut Down</b> on your drinking?	<input type="checkbox"/>

To score the test, a seven-point scale is used. The tolerance question scores two points if a woman reports she can “hold” more than five drinks without passing out, and a positive response to the worry question scores two points. Each of the last three questions scores one point for positive responses. A total score of three or more points indicates the woman is likely to be a heavy/problem drinker.